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'GREAT DAY FOR THE CHURCH'

IN A HISTORIC VOTE, THE CHURCH OF ENGLAND VOTED TO ALLOW WOMEN TO BECOME BISHOPS PAGE 6

Bring Back Our Girls

Malala Yousafzai marked her 17th birthday in Nigeria by urging Islamic extremists to set 219 kidnapped girls free PAGE 11

Baseball elite get ready for the all-stars

All eyes will be on Wainwright, Kershaw and Hernandez PAGE 21

Arrest made in Calgary case of missing trio

Police say five-year-old and his grandparents were murdered PAGE 8

NEWS WORTH SHARING.

Aircraft face new threat in the skies

Mayday. Amateur drones becoming a serious concern for pilots

Quoted

"The risk is you could end up hitting one of these things. And they're so small, you're not necessarily going to see them until the last second."

Veteran pilot Capt. Dan Adamus, head of the Canada Board of the Air Line Pilots

Once restricted to military and police, light unmanned aerial vehicles — drones — have become new aerial playthings for hobbyists and have also found new potential uses in commercial enterprises.

The notion of amateur drones sharing our skies alongside piloted aircraft is a growing concern for aviation officials on both sides of the border. Their proliferation raises the risk for other aircraft in the skies, experts say.

One examples of a near miss was the Porter Airlines flight that was set up for its approach to Washington's Dulles airport on a recent flight from Toronto, when the pilots suddenly found they had some company in the skies — a drone.

The black and silver unmanned aircraft was spotted 850 metres above the ground and came within 15 metres of the Porter Dash 8 turboprop, according to a preliminary Transport Canada report.

The aircraft landed safely and police were notified about the mid-air rendezvous, which happened on June 29.

"The risk is you could end up hitting one of these things. And they're so small, you're not necessarily going to see them until the last second," said Capt. Dan Adamus, a veteran pilot who heads the Canada Board of the Air Line Pilots Association. "If you ingested one of these things into an engine or even hit the windscreen, yeah, it would be bad," he said.

The potential for drones in a commercial application is also troubling. Amazon, for example, is asking U.S. regulators for permission to use drones to deliver small packages, The Associated Press reports.

But regulators in both Canada and in the U.S. have so far moved cautiously in allowing the widespread commercial use of unmanned aerial vehicles.

And Adamus says amateur operators are often in the dark about the potential risk of flying their drones over urban areas.

"They could be on a flight path for an arrival to a runway. They might be five miles from the airport but those aircraft are on final (descent) and they have no idea," Adamus said.

"If (a drone is) going to be flying in our airspace, it needs to be adhering to all the rules," he said. "They need to be regulated."

A review of Transport Canada records reveals there have been many potential conflicts over the past 12 months as drones become more common in Canadian skies.

Earlier this month, controllers at Pearson International were forced to change flight patterns at Canada's busiest airport to steer aircraft away from a drone that pilots had spied flying over north Toronto.

TORSTAR NEWS SERVICE

SHELTER FROM THE STORM

Israeli children are seen in a special bomb shelter playground on Monday in the city of Sderot. Egypt presented a cease-fire plan Monday to end a week of heavy fighting between Israel and Hamas militants in the Gaza Strip that has left at least 185 people dead, the majority of whom were civilians. Both sides said they are seriously considering the proposal. Ahead of the Egyptian announcement, there appeared to be no slowdown in the fighting, with Hamas for the first time launching an unmanned drone into Israeli airspace. The late-night offer by Egypt marked the first sign of a breakthrough in international efforts to end the conflict. More coverage, page 10.

ILIA YEFIMOVICH/GETTY IMAGES

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John Caleb Ross death

Police watchdog clears cop over fatal shooting

John Caleb Ross summoned police on a rainy night in April with a 911 call reporting a girl and her mother had been shot.

York Regional Police arrived on the quiet Aurora street to find the 21-year-old brandishing a pellet gun and refusing to drop it, the Ontario Special Investigations Unit probe has found. Less than two minutes later, Ross was shot twice in the chest by an officer's rifle. He died hours later at Sunnybrook Hospital.

The 911 call made by Ross was fake, the SIU says.

SIU director Tony Loparco
CONTRIBUTED

The watchdog cleared police of criminal wrongdoing on Monday, stating the officer who fired had reasonable grounds.

The police watchdog's investigation — which included interviews with 10 civilian witnesses and 12 police who saw what happened — concluded Ross's pellet gun was painted black and looked like a more powerful weapon, and that he repeatedly ignored orders to drop it while he pointed the gun at officers while walking toward them.

"They had every reason to believe their lives were in imminent risk," said SIU director Tony Loparco in an online statement.

TORSTAR NEWS SERVICE

Sousa bangs familiar beat on budget drum

'A little bit of déjà vu.' Liberal finance minister raises taxes for high-income earners only despite $12.5B deficit

Finance Minister Charles Sousa's three R's budget reduces take-home pay for affluent Ontarians, reuses rhetoric from last spring and recycles campaign pledges, such as a provincial pension plan.

On Monday, Sousa tabled an identical big-spending $130.4 billion fiscal blueprint to the one he introduced May 1, which sparked last month's election.

"It's a little bit of déjà vu, but a lot has changed," the treasurer told reporters, referring to the fact Premier Kathleen Wynne's Liberals were re-elected June 12 with a majority government and no longer need opposition support to pass the budget.

Sousa pointedly ducked media questions on whether public-service jobs could be cut — even though the Liberals won the election by campaigning against former Progressive Conservative leader Tim Hudak's controversial plan to cut 100,000 positions over four years.

The finance minister did, however, rule out raising Ontario's 11.5-per-cent corporate tax rate, despite each percentage point increase adding $650 million to provincial coffers.

Interim Conservative Leader Jim Wilson said the Liberals are kidding themselves if they believe Ontarians actually endorsed their plan in the campaign.

"I don't think the people of Ontario voted for this budget as the government says. They voted against us because of the mistakes we made. It was that clear," said Wilson, adding it's "dishonest and disingenuous" for the Grits to claim all public servants' position can be protected, but even he has indicated the foolishness of the Tories' 100,000-job cut promise.

Premier Kathleen Wynne has a good laugh as Finance Minister Charles Sousa begins his budget speech with, "As I was saying."
RICK MADONIK/TORSTAR NEWS SERVICE

Warren (Smokey) Thomas, president of the Ontario Public Service Employees Union, predicted looming labour unrest.

Thomas warned of Wynne's $1.25 billion in planned cuts over three years and the possible contracting out of government jobs.

"I do not trust her. I don't think she is being totally honest with the people of Ontario and if they want a war, well, they'll bloody well get a war," he said.

Despite a $12.5 billion deficit for this fiscal year, Sousa's only significant tax hike was to slap 220,000 Ontarians making between $150,000 and $514,090 with a new levy that will bring in a total of $635 million annually.

With credit-rating agencies breathing down his neck, the treasurer emphasized nine times in an 11-page speech to the legislature that Ontario will stop bleeding red ink within three years. On May 1, he mentioned the deficit only three times in a 30-page address.

TORSTAR NEWS SERVICE

Job cuts coming?

"I don't think she is being totally honest with the people of Ontario and if they want a war, well, they'll bloody well get a war."

Warren Thomas, OPSEU president, on planned public service job cuts

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Pest-infested trees salvaged

Urban Tree Salvage. Company recycles logs mainly felled by emerald ash borer

Where most people feel frustration, perhaps even despair, at the idea of a fallen diseased tree, Urban Tree Salvage sees opportunity.

The Scarborough-based firm, known for turning old city trees into furniture and other items, has become the first organization in Toronto to be certified by the Canadian Food Inspection Agency to process and ship hardwood lumber previously infected by pests, including ash.

The certification means that the company, which describes itself as Canada's largest urban log salvaging firm, complies with a rigorous heat treatment process to kill pests and prevent their movement.

Co-owner Sean Gorham said one of the main reasons he and partner Melissa Neist decided to become certified was to educate people about the need to heat-treat wood and limit the spread of pests, particularly the pesky emerald ash borer.

"Homeowners don't always know," said Gorham, "and so they leave some logs on the side of the road that might be infected. Someone else picks them up and brings them to the cottage as firewood, spreading the pest to a whole new area."

At Urban Tree Salvage, once the logs have been cut into smaller pieces of lumber, they are placed in a large kiln, where they are heat-treated for up to a month.

The wood can then be turned into anything from a coffee table to an iPad stand. Urban Tree also sells individual slabs to people who want to try to make furniture or other pieces on their own.

The company has been taking in felled Toronto trees since it opened its doors 10 years ago, when the business was comprised of Gorham, who has a background in landscaping, and Neist, who previously worked in marketing.

Gorham, who comes from a family of environmentalists, said he was frustrated at the sight of so many city trees being cut down and turned into little more than mulch. He approached Neist with the idea of Urban Tree, a company that also hopes to reduce CO2 emissions by salvaging felled trees.

TORSTAR NEWS SERVICE

Canopy's enemy

A native of Asia, the emerald ash borer is a green beetle that entered North America in 2002.

- It feeds off the wood of all 22 species of ash, and has killed at least 100 million trees in the U.S. alone.
- It remains a problem in Toronto and up to 860,000 trees will be lost over the next decade.

Melissa Neist and Sean Gorham of Urban Tree Salvage sit on bare logs to be salvaged. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Five-year period

Trash truck crashes top 500

City garbage trucks have been in more than 500 collisions since 2009, the majority of which were their drivers' fault, but the city does not know the equivalent figure for the private garbage trucks collecting trash in Toronto.

The city's solid waste division provided crash figures for its own fleet Monday, showing trucks have been in 524 collisions in the last five years, and that almost two-thirds of those were the fault of the city driver. When asked to disclose accident stats for GFL Environment Inc., the private contractor that has been picking up garbage between Yonge and the Humber River since 2012, the city declined, initially saying they don't have those numbers.

Vincent Sferrazza, with Solid Waste Management Services, then revised that statement, adding that contractors are required to provide "notice of serious collisions as specified within the terms of our contract." TORSTAR NEWS SERVICE

Non-profit daycare closure a 'big mess' for families

A group of parents and their children at Scotia Plaza daycare on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

More than 40 Toronto families are scrambling to find daycare after a long-standing non-profit centre in the city's financial district is being forced to close.

The 72-space Scotia Plaza Child Care Centre on King St. W. has been operated by George Brown College since 1989. Under an agreement between the city and the building's developer, the bank tower was allowed extra density in exchange for free child-care space for 25 years.

But now that the time is up, the building's property manager, Dream Unlimited Corp., wants to rent the space to a for-profit child care chain. The college has until the end of November to move out.

With daycare waiting lists running between a year and 18 months, parents are crying foul.

"This is a big mess for all the families involved, as well as the amazing daycare staff, all of whom are soldiering on amid a great deal of uncertainty," said parent Ian Cooper, who has two daughters at the centre.

The college's non-profit teaching centre routinely gets top grades from city inspectors and also provides subsidized spots for about 30 per cent of the families. For-profit centres aren't eligible for city daycare subsidies and research shows commercial operations tend to provide lower quality care. For that reason, many parents are leery of the for-profit operator. Others simply can't afford it without a subsidy, said Cooper, 40, an entertainment and technology lawyer.

Area Coun. Pam McConnell said news of the daycare closing "was quite a surprise."

"I'm hoping we can facilitate a discussion with the property manager," she said in an interview. "City staff will also be supporting the families and making sure the daycare has a longer transition time."

TORSTAR NEWS SERVICE

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World Cup final breaks records on Facebook, Twitter

When Germany won. More than 618,000 tweets per minute were generated

Sunday's World Cup final had fans taking to social media in record numbers, data shows.

Globally, 88 million people had more than 280 million Facebook interactions (posts, comments and likes) related to Sunday's World Cup final between Germany and Argentina. That makes it the biggest sporting event in Facebook's 10-year history, according to the social network.

Compare that to the second-most buzzed-about sporting event on Facebook, last year's Super Bowl XLVII, which had 245 million interactions.

The news isn't surprising, given that Facebook had previously reported that activity around the World Cup had surpassed a billion interactions in the first week, making the championship the single-most discussed event in Facebook's history.

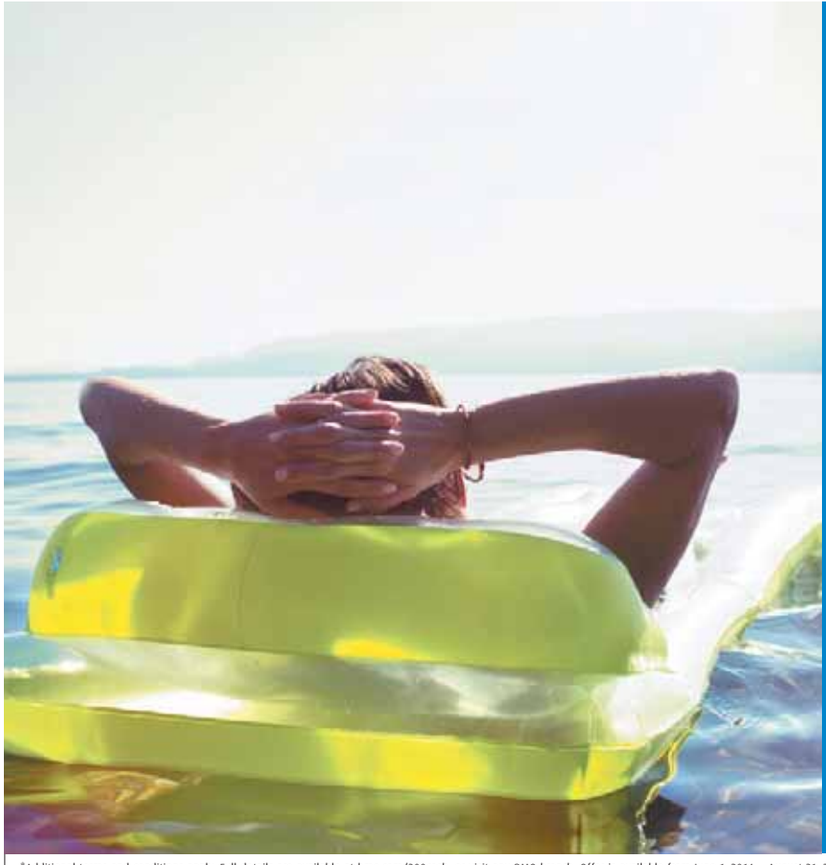
How tweet it is

Overall, there were 32.1 million tweets from the final, falling short of the record 35.6 million set during the semifinal.

Unlike the Super Bowl, which has a largely North American audience, the World Cup excites fans around the world. Facebook reports World Cup fans were most active in the U.S., followed by host country Brazil and competing countries Argentina and Germany, with Indonesia rounding out the top five.

Germany's Mario Gotze and Argentina's Lionel Messi were the most-mentioned players on Twitter. TORSTAR NEWS SERVICE

Fans celebrate after Germany defeated Argentina Sunday. THE ASSOCIATED PRESS



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Chow calls for handgun ban, rivals not impressed

Mayoral candidate Olivia Chow spends some time with youth at Ephraim's Place on Monday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Mayoral candidate Olivia Chow reiterated her support for a federal ban on handguns on Monday. Rival John Tory called the proposal an "empty gesture."

Chow, who previously endorsed a handgun ban, officially added the idea to her platform in an announcement at Ephraim's Place, the North York community centre named for Ephraim Brown, the 11-year-old who was shot dead in 2007.

"There's no reason why anyone needs a handgun in a big city like ours," she said.

Former mayor David Miller and former premier Dalton McGuinty both called on the federal government to implement a ban. Prime Minister Stephen Harper has rejected their pleas, noting that handguns are already restricted by law to target shooters, collectors and people who need them for their jobs or for the "protection of life."

Tory said a ban would not be effective.

"Handguns are already strictly regulated by the federal government," he said in a statement. "What Ms. Chow doesn't seem to understand is that criminals and gang members don't obey the law. Calling for such a ban isn't leadership. It's an empty gesture."

Tory said he would work with the federal and provincial governments on a "co-ordinated approach that gets real results and keeps illegal guns off our streets." He did not offer specifics.

Candidate David Soknacki said in April that he has seen no evidence that handgun bans are effective. He pointed to violence-plagued Chicago, which had a municipal ban on the possession and sale of handguns for 28 years.

Candidate Karen Stintz said the issue is moot, since council made a formal request for a handgun ban in 2008.

TORSTAR NEWS SERVICE

Atlantic City. House that dodged Trump's parking lot goes up for auction

A former boarding house at the centre of a David and Goliath battle between an elderly woman and Donald Trump is going up for auction.

In the 1990s, Trump had wanted to tear down Vera Coking's building and convert the land into a parking lot for his Trump Plaza Hotel and Casino. Coking fought the state Casino Reinvestment Development Authority from condemning the property through eminent domain. The state Supreme Court sided with her in 1998, ruling the redevelopment agency could not seize the lot.

Much has changed since. Coking, a widow who is now 91, has moved to California. Atlantic city's real estate market is sagging, as is its casino business. Trump Plaza may close in September.

The now-vacant 29-room boarding house has been listed for $995,000 since September. The starting bid for the July 31 auction is $199,000.

Vera Coking's rooming house in Atlantic City, N.J. THE ASSOCIATED PRESS

"The fact that she trumped Trump — that was the story," real estate agent Nate Chait told The Press of Atlantic City.

"I give her credit for standing up for what she believed in," he said. "She didn't want to leave her home, and money wasn't going to buy her out. Whatever people think about that, it's admirable she held her ground and prevailed."

THE ASSOCIATED PRESS

Medicines. Measuring by the spoonful more likely to result in wrong doses

The song says a spoonful of sugar helps the medicine go down, but a study says that kind of imprecise measurement can lead to potentially dangerous dosing mistakes.

The results, published online Monday in Pediatrics, underscore recommendations that droppers and syringes that measure in millilitres be used for liquid medicines — not spoons.

The study involved nearly 300 parents, mostly Hispanics, with children younger than nine years old. The youngsters were treated for various illnesses at two New York City emergency rooms and sent home with prescriptions for liquid medicines, mostly antibiotics.

Parents who used spoonfuls "were 50 per cent more likely to give their children incorrect doses than those who measured in more precise millilitre units," said Dr. Alan Mendelsohn, a co-author and associate professor at New York University's medical school.

THE ASSOCIATED PRESS

Church of England to allow female bishops

Long dispute. Vote in favour of move marks a 20-year process since ordination of first female priests

The Archbishop of Canterbury, Justin Welby, second right, arrives for the General Synod meeting at The University of York, with other members of the clergy, in York, England, on Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

The Church of England ended one of its longest and most divisive disputes Monday with an overwhelming vote in favour of allowing women to become bishops.

The church's national assembly, known as the General Synod, voted for the historic measure, reaching the required two-thirds majority in each of its three different houses. In total, 351 members of the three houses voted in favour of the move. Only 72 voted against and 10 abstained.

Archbishop of Canterbury Justin Welby said the long-awaited change marks the completion of a process that started more than 20 years ago with the ordination of women as priests. He called for tolerance and love for those traditionalists who disagree with the decision.

"As delighted as I am for the outcome of this vote I am also mindful of those within the church for whom the result will be difficult and a cause of sorrow," he said in a statement.

British Prime Minister David Cameron called it a "great day for the Church and for equality."

Opponents argued that allowing women into such a senior position in the church goes against the Bible. Others warned that the church should not be guided by secular ethics.

Lay member Lorna Ashworth, who did not support the move, said the church has entered new territory. "This is something we have to work out as we go along," she said.

The Church of England represents diverse religious groups from conservative evangelicals to supporters of gay marriage. Major changes can take even decades to bring about.

THE ASSOCIATED PRESS

A big deal

The Church of England was established by King Henry VIII who appointed himself as its head in 1534. The government still formally appoints the Archbishop of Canterbury, the spiritual leader of the church, and Queen Elizabeth II serves as its supreme governor.

Parliament maintains a role in church affairs, and will be called upon to ratify the female bishop legislation. Some 26 bishops are allocated seats in the House of Lords.

The Church of England is part of the global Anglican Communion with 77 million members in more than 160 countries. The Episcopal Church in the Unites States was the first member to have a female bishop and is now led by a woman.

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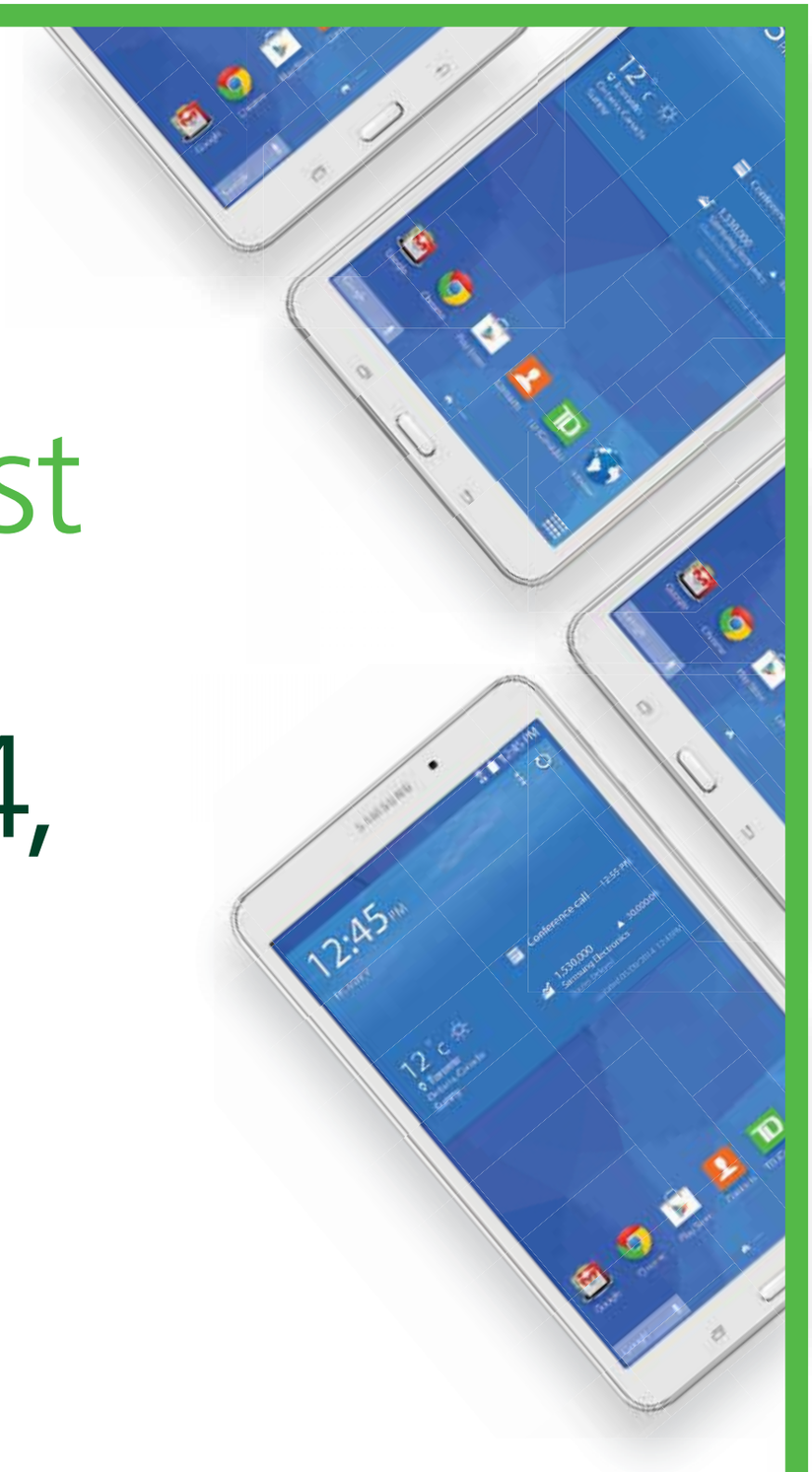

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San Fermin festival

Bull gores three men in Pamplona

A bull gored two Australians and a Spanish man, spreading panic in a hair-raising final running of the bulls at Spain's San Fermin festival Monday in Pamplona.

There were spine-chilling moments when one bull separated from the pack and charged three runners, pinning them against walls and barriers while trying to gore them.

Five Spaniards were also hospitalized for other injuries. The morning runs are the highlight of the nine-day street-partying festival immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

THE ASSOCIATED PRESS

Florida

Two police tied to KKK, report says

A city official says two police officers in Florida are no longer with the department after a law enforcement report tied them to the Ku Klux Klan.

Fruitland Park City Manager Gary La Venia said Monday that Deputy Chief David Borst resigned and Officer George Hunnewell was fired. He added the city has been rocked by the allegations.

La Venia says the small city located west of Orlando has been rocked by the allegations. The accusations surfaced last week in a report from the Florida Department of Law Enforcement based on information from the FBI.

THE ASSOCIATED PRESS

Cost $2 billion to scrap

Costa Concordia refloated

The shipwrecked Costa Concordia was successfully refloated Monday in preparation to be towed away for scrapping, 30 months after it struck a reef and capsized, killing 32 people.

Floating the Concordia to Genoa, where it will be scrapped, will cost a total of $2 billion US, Costa Crociere CEO Michael Tamm said.

"The operation began well, but it will be completed only when we have finished the transport to Genoa," Italian Environment Minister Gian Luca Galletti told reporters Monday. THE ASSOCIATED PRESS

A memorial cropped up on the front lawn at the Parkhill-area home of Alvin and Kathryn Liknes, who, along with their five-year-old grandson Nathan O'Brien, went missing two weeks ago. JEREMY NOLAIS/METRO IN CALGARY

Police arrest man, say missing trio murdered

'Glimmer of hope' fades. Calgary police believe five-year-old Nathan O'Brien, Alvin Liknes and wife Kathryn Liknes were killed

Three-year-old Gabriel Potter dropped a bouquet of flowers Monday on a makeshift memorial for Calgary youngster Nathan O'Brien and his grandparents, Alvin and Kathryn Liknes. Any "glimmer of hope" that the missing trio would be found alive appears to have faded.

Young Gabriel had offered in recent days to hop aboard his "Super Thomas" bike and join in the search for five-year-old Nathan, who was last seen with the Likneses at their Parkhill home on June 29.

After two weeks and few clues released publicly, Calgary police said Monday they now believe the three were murdered and expected to lay charges against a suspect, who is from Airdrie, north of Calgary.

The news was heartbreaking for Gabriel's mother, Joscelyn Potter, and millions of others who'd followed the case.

"As parents, you see your child in it and empathize, but you certainly cannot to begin to comprehend what their days must be like," Joscelyn said.

Family members had issued public pleas for the safe return of their loved ones. Now, they will be left to prepare memorials as the search for the bodies of the Liknes couple and young Nathan continued.

"I love my sister, she was a great gal," said Randy Prevost, Kathryn's older brother. "Always a good girl, man, heartwarming. She was always there to help — just that kind of person."

"I think it's safe to say that, even as the days went by, there's always a hope — there's always a glimmer of hope — and, unfortunately, with the laying of the charges, we've taken that hope away from the family," Police Chief Rick Hanson said.

JEREMY NOLAIS WITH FILES FROM ROBSON FLETCHER/METRO IN CALGARY AND THE CANADIAN PRESS

Suspect in custody

Hanson said he couldn't identify the suspect until he'd appeared before a justice of the peace, but family members told Metro they'd learned Monday that Douglas Garland, the lone identified "person of interest" in the investigation, had been re-arrested.

Khadr loses bid to toss convictions

Canada's Omar Khadr has lost his bid to have his war-crimes convictions tossed after the U.S. government argued a previously secret memo that raised questions about the legal underpinnings of his prosecution was irrelevant to his case.

The decision by the military commission appeals court — which has so far refused to hear arguments on the merits of Khadr's appeal — means the former Guantanamo Bay prisoner will have to wait even longer to make his case to a regular American court.

Also Monday, the U.S. Circuit Court of Appeals for the District of Columbia set aside two of three convictions against Ali Hamza al-Bahlul, who did media relations for terrorist mastermind Osama bin Laden.

The court found the military commission did not have the authority to try him for conduct that wasn't considered a war crime before 2006.

Khadr's lawyers have made similar arguments and the military commission appeals court was waiting for the al-Bahlul decision before holding any hearings on the Canadian's appeal.

It was not immediately clear how the decision might impact Khadr's case. THE CANADIAN PRESS

Omar Khadr appears in court on Sept.23, 2013 in an artist's sketch. AMANDA MCROBERTS/THE CANADIAN PRESS

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Israel, Hamas consider three-step ceasefire plan proposed by Egypt

Palestinians walk on the rubble of a house following an overnight Israeli missile strike in Rafah, southern Gaza Strip. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

At least 185 dead. Israel launched an offensive in Gaza on July 8, saying it was responding to weeks of rocket fire from Hamas

Egypt presented a ceasefire plan Monday to end a week of heavy fighting between Israel and Hamas militants in the Gaza Strip that has left at least 185 people dead, and both sides said they were seriously considering the proposal.

The late-night offer by Egypt marked the first sign of a breakthrough in international efforts to end the conflict.

Hamas' top leader in Gaza confirmed there was "diplomatic movement," while Israel's policy-making Security Cabinet was set to discuss the proposal early Tuesday. Arab foreign ministers discussed the plan Monday night at an emergency meeting in Cairo, and U.S. Secretary of State John Kerry was expected in the region Tuesday.

Israel launched the offensive on July 8, saying it was a response to weeks of heavy rocket fire out of Hamas-ruled Gaza.

The Health Ministry in Gaza said 185 people, including dozens of civilians, have been killed, and more than 1,000 people wounded. There have been no Israelis killed, although several have been wounded by rocket shrapnel, including two sisters aged 11 and 13, who were seriously hurt Monday.

Egypt's Foreign Ministry announced the three-step plan starting with a temporary ceasefire to go into effect within 12 hours of "unconditional acceptance" by the two sides. That would be followed by the opening of Gaza's border crossings and talks in Cairo between the sides within two days, according to the statement. THE ASSOCIATED PRESS

Analysis

Placards lie on the ground in Beirut after a protest against the Israeli offensive in Gaza, on Monday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Hamas sends first drone into Israel

A Hamas drone launched Monday into Israel marked the Islamic militant group's latest effort to catch the Israeli military off-guard. But like the others, it had little impact on the battlefield.

Israel shot down the drone, but it represented a new level of sophistication for Hamas. It was the first time Hamas has launched a drone into Israel, though military officials say they knew the group has had the technology for some time. Israeli airstrikes in the past have targeted suspected drone facilities in Gaza.

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Malala pleads for return of missing Nigerian 'sisters'

Bring Back Our Girls. 'Release the daughters of this nation. Let them be free," says Pakistani teen activist

Pakistani activist Malala Yousafzai, left, poses for a photograph with Nigerian President Goodluck Jonathan in Abuja, Nigeria on Monday. THE ASSOCIATED PRESS

The Pakistani teen who survived a Taliban assassination attempt in 2012 marked her 17th birthday Monday with a visit to Nigeria and urged Islamic extremists to free the 219 schoolgirls who were kidnapped there, calling them her "sisters."

Malala Yousafzai, who has become an international symbol for women's rights in the face of hard-line Islam, said Nigeria's president promised to meet for the first time with the abducted girls' parents.

"My birthday wish this year is 'Bring Back Our Girls' now and alive," she said, using the social media slogan that has been picked up around the world to demand freedom for the girls, who were abducted by the extremist group Boko Haram in April from a school in the remote northeast Nigerian town of Chibok.

Malala appealed directly to their captors as she held hands with some of the girls who escaped.

"Lay down your weapons. Release your sisters. Release my sisters. Release the daughters of this nation. Let them be free. They have committed no crime."

She added: "You are misusing the name of Islam … Islam is a religion of peace."

Malala also spoke against the custom of child brides in her home country, a tradition common in Nigeria, too. Boko Haram has threatened to sell some of the girls as brides if its fighters are not freed.

"Protect girls from cruelty," she said in a speech, explaining that girls should not be forced to marry or to leave school to become brides "when they should be girls," or to give birth to children "when they themselves are children."

Malala met Monday with Nigeria's President Goodluck Jonathan. THE ASSOCIATED PRESS

Boko Haram.

Terror group bombed bridge leading to base camp: witnesses

Suspected Islamic extremists bombed a major bridge on a northeast Nigerian highway, further limiting access to base camps in the Sambisa Forest where scores of kidnapped girls are believed to be held captive, witnesses and the leader of a group fighting Boko Haram said Monday.

Gunmen destroyed most of the bridge on the road between Maiduguri and Biu on Saturday night, the spokesman for the Nigerian Vigilante Group, Abbas Gava, told The Associated Press.

"The bridge has now collapsed and it is impossible for vehicles to cross over the bridge," he said. It is the fourth major bridge destroyed in the area in recent months.

The reports come as a new video shows Boko Haram leader Abubakar Shekau crowing over recent victories including two explosions at a fuel depot in Lagos that the government tried to cover up. THE ASSOCIATED PRESS

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45	15.66	19.26	33.30	60.84	12.15	12.69	22.50	39.60
50	16.47	29.16	52.38	100.08	12.69	19.98	36.45	66.60
55	24.57	49.05	88.20	166.50	18.45	32.97	63.45	121.50
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Could you be allergic to your iPad?

Itchy and scratchy show. Apple's tablet and other tech devices may contain nickel, leading to a rash for those with an allergy

Unexplained rash? Check your iPad. It turns out the tablet computer may contain nickel, one of the most common allergy-inducing metals.

Recent reports in medical journals detail nickel allergies from a variety of personal electronic devices, including laptops and cellphones. But it was an Apple iPad that caused an itchy body rash in an 11-year-old boy recently treated at a San Diego hospital, according to a report in Monday's Pediatrics.

Nickel rashes aren't life-threatening but they can be very uncomfortable and may require treatment with steroids and antibiotics if the skin eruptions become infected, said Dr. Sharon Jacob, a dermatologist at Rady Children's Hospital, where the boy was treated. Jacob, who co-wrote the report, said the young patient had to miss school because of the rash.

The boy discussed in the Pediatrics report had a common skin condition that causes scaly patches but developed a different rash all over his body that didn't respond to usual treatment. Skin testing showed he had a nickel allergy, and doctors traced it to an iPad his family had bought in 2010.

Doctors tested the device and detected a chemical found in nickel in the iPad's outside coating.

"He used the iPad daily," Jacob said. He got better after putting it in a protective case.

Whether all iPads and other Apple devices contain nickel is uncertain; an Apple spokesman said the company had no comment. Microsoft also declined to comment on whether its devices contain nickel, said a spokeswoman.

THE ASSOCIATED PRESS

This photo shows a rash on a boy from a nickel allergy. AMERICAN ACADEMY OF PEDIATRICS/THE ASSOCIATED PRESS

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Great Recession in U.S.

Citigroup agrees to $7B settlement over mortgages

Citigroup agreed Monday to pay $7 billion US to settle a federal investigation into its handling of risky subprime mortgages, admitting to a pattern of deception that U.S. Attorney General Eric Holder said "shattered lives."

The settlement represents a moment of reckoning for Citigroup, which will now be responsible for providing financial support to Americans whose lives were dismantled by the largest economic meltdown since the Great Depression.

THE ASSOCIATED PRESS

OMG RLY?

Cellphone service prices down ... for full-package deals

The price of basic wireless phone service in Canada has gone up 16 per cent since last year but packages with more features have held steady or gone down, according to an annual study commissioned by Industry Canada and the CRTC.

Industry Minister James Moore said the report's findings show that average wireless prices have come down 22 per cent since 2008 and smartphone plans have fallen even further.

THE CANADIAN PRESS

Market Minute

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XXXS AIN'T NOTHIN' BUT VANITY

SHE SAYS

Jessica Napier
metronews.ca

They say that size is just a number. And when it comes to clothing sizes, we all know that number is often open to interpretation depending on the brand.

American retailer J. Crew made headlines last week after announcing it would start offering its preppy fashions in a new XXXS size — a numeric size 000. Yes, that's right: THREE ZEROS. According to the brand's global conversion chart, the new smaller-than-ever size is equivalent to a 32 in Italy, a 1 in Japan and a 0 in Australia and the U.K.

Confused yet?

The retailer has been accused of taking vanity sizing to preposterous new extremes with the triple-digit innovation. A spokesman for J. Crew claims they are simply trying to address the demands of their customers in Asia who require smaller sizes.

I understand that clothing manufactures need to create garments for men and women in a diverse variety of shapes and sizes. But if they're trying to accommodate the needs of petite consumers, wouldn't it make more sense to shift the existing sizes upward?

Personally I find the whole trend toward unrealistic vanity sizing to be a bit patronizing. There's no need to make up new numbers and manipulate shoppers in order to sell us clothes. I mean, are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

In my own closet I have dresses that range from size 2 to 10 and all of them fit me correctly. It's incredibly frustrating — not to mention an enormous waste of time — to haul three sizes into the fitting room every time I go shopping because I'm never sure if the store I'm in considers my body to be small, medium or large.

Why not categorize tops and bottoms based on their actual bust, waist and inseam measurements? Then again, experience has taught me that even labels with numerical inches don't measure up; size-28 jeans can vary drastically across different brands.

Large American chain stores seem to be the worst culprits when it comes to vanity sizing, while smaller boutiques and European retailers tend to list more accurate numbers that can sometimes feel like a rude awakening.

Establishing honest and standardized sizing regulations across all clothing retailers is a radical and impossible dream. Unfortunately, I think we're far more likely to see negative numbers and quadruple zeros in the future before we see big brands concede to a logical solution that would — gasp — force women to buy a larger size.

Feeling like a nothing

Are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

NO SWAN LEFT BEHIND

A mute swan is measured before being released during the annual Swan Upping census on Monday on the River Thames, South West London. The swans and young cygnets are counted and assessed for any signs of injury or disease. DAN KITWOOD/GETTY IMAGES

Annual Swan Upping census takes place on River Thames

This year's Swan Upping, the annual census of the swan population on the River Thames in England, departed Sunbury on Monday and ends at Abingdon, Oxfordshire, on Friday.

The Royal Swan Uppers travel in traditional rowing skiffs collecting data, assessing the health of young cygnets and examining them for any injuries.

The five-day census dates back to the 12th century, when the Crown claimed ownership of all mute swans.

Today, the Crown retains the right to ownership of all unmarked mute swans in open water, but the Queen exercises her ownership only on certain stretches of the River Thames and its surrounding tributaries. According to the Queen's swan marker, the swan population has been down in recent years due to disease and flooding that washed away nests, eggs and young cygnets, but the numbers for this year's census are promising so far.

TELEGRAPH.CO.UK

Mmmm, swan

The census started back in the Middle Ages, when swans were considered a food source and were served up at elaborate banquets for dignitaries and other people of wealth.

- Today, of course, swans are no longer eaten, and the census is undertaken strictly for conservation and educational purposes.

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Beach day takes bad turn

ANDREW FIFIELD
andrew.fifield@metronews.ca

There was some very strange summer weather in Russia's Ural region over the weekend.

In Chelyabinsk, which made headlines last year when an enormous meteor exploded in the sky above, temperatures dropped from more than 20 C to nearly zero on Saturday — an event capped off by a freak July snowstorm. More frightening, however, was this storm that crashed into Novosibirsk, Siberia. Overtaken by dark clouds, a Saturday of sun-soaked beach time quickly became a sandy, swirling mess that pelted people with painfully large hail as they fled for shelter. (YouTube)

NIKITA DUDNIK/THE ASSOCIATED PRESS

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No end in sight for the Guided by Voices crew

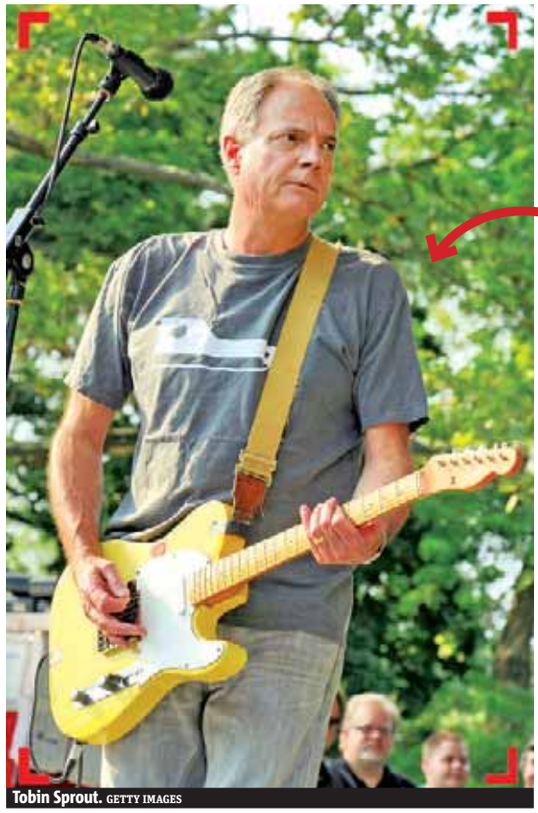
Back with a bang. Indie band has had a prolific few years as Tobin Sprout returns to the fold ... and there's no sign of stopping

PAT HEALY
Metro Boston

In the new Guided by Voices video for Bad Love Is Easy To Do, on the Funny or Die website, comedians Rob Corddry and Brian Huskey play a feuding version of the band's chief songwriters, Robert Pollard and Tobin Sprout, respectively. They look like a gentle 1960s folk duo modelled after Simon & Garfunkel and they fight like brothers.

The song is a burst of saccharine guitar pop worthy of the term "classic lineup" that is being used to describe the GBV that reformed in 2010. Since reforming the band has been recording at a prolific clip that rivals their peak years in their first incarnation, releasing six full-length albums and a whole bunch of singles and EPs in four years. So really, then, how are band relations?

"Things are going well," says Sprout, "we'll just go with that."



Tobin Sprout. GETTY IMAGES

It was just about 10 years ago that Bob announced with Half Smiles of the Decomposed that it was to be the last GBV album. Happily, he broke that promise, and when GBV re-formed, you were back in the fold. Do you think there is an end point to Guided by Voices?

There is no end point now. Working on the next GBV album. We plan to record in the fall. I also have a solo coming out called The Universe And Me. We are also seeing younger fans at the shows like 6 years old to 12 and 14, singing all the words! It's really something to see that, moms and dads holding their kids, singing together.

Did you ever go to GBV shows as a spectator during the years that you weren't in the band?

I saw pretty much every lineup. Mostly would see them when they played Grand Rapids.

When you did come back to GBV, what was the moment when you knew that it was the right thing to do?

I think it was the right thing to do when I left the band in '96 to be home with my family. It was hard to see GBV go on without me but I'm glad I got to see my kids grow up. It feels a bit like karma that it's gone full circle now, thanks in part to Matador (GBV's label during their formative years).

The most powerful visual for Robert Pollard's songwriting I've ever heard is that line about a suitcase with more than 1,000 songs in it. Have you ever seen the legendary suitcase?

I saw it a long time ago, pre-CDs, some were even on small reel to reel. I remember Bob had a recorder he borrowed from his school, it sounded really good. One mic one track.

While we're talking numbers, how many beers would you estimate that GBV has drank onstage over the years?

I have no idea! Too many to count.

AUGMENTED REALITY

→ If you haven't seen the Funny or Die video lampooning Guided by Voices, scan this photo using your Metro News app. Its full of laughs!

metro AR

→ See the full instructions on Metro's Voices page.

DVD review

The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yayan Ruhian

In the original The Raid, action star Iko Uwais was a beacon of light shining from a dark tower. As good cop Rama, trapped in a Jakarta apartment building teeming with gangsters and corrupt police, he fought his way up one floor at a time. It was exhilarating to watch. By opening the action up to the entire city for the sequel, there's less claustrophobia and also less excitement. Writer/director Gareth Evans tries to compensate for this by having Rama pummel his way out of innumerable squeezes, including a prison toilet stall and a speeding car, but it just isn't the same. The decision to reduce the thrills while upping the gore was the wrong way to go. This once promising franchise may have announced its own epitaph in the words of one combatant: "I'm done." Extras include one deleted scene and several making-of featurettes.

PETER HOWELL

Television

Bey and Jay tour headed to HBO

HBO is to air a concert special this fall as part of Beyoncé and Jay Z's ongoing On the Run tour.

The program will be filmed during the duo's concerts at the Stade de France in Paris on September 12 and 13 — their only scheduled dates outside North America and the last shows of the tour. Paris was previously the setting of Beyoncé and Jay Z's video for Partition, filmed at the city's Crazy Horse cabaret.

More than 40 songs will be featured in the TV special, which was announced at the Television Critics Association Press Tour on Thursday and reported by Deadline.

Both stars have partnered with HBO on numerous occasions: Jay Z aired his performance art video Picasso Baby on the channel last August, while Beyoncé partnered with the network for her 2013 documentary Life Is But a Dream and is currently starring in a 10-episode miniseries on the channel called X10 featuring clips from her Mrs. Carter Show World Tour.

AFP

Robin Thicke
GETTY IMAGES

Robin Thicke. Aussie ears are deaf to singer's pleas for ex-wife Paula

Robin Thicke — who we would like to remind you had an international mega-smash last year with Blurred Lines — has reportedly only sold 54 copies of his latest release Paula, in Australia. You might think, "Oh, well, maybe they just don't get him Down Under," but you'd be wrong. The Blurred Lines single went eight-times Platinum in Australia in 2013.

But according to news.com.au, Thicke's album pleading for his wife back just did not resonate quite the same way in its first week of release. To put it in perspective, when a recording goes Platinum in Australia, it means it has sold 70,000 units, which is a bit different from the U.S. designation of Platinum, which means it has moved a million units. This means that 0.00009643 per cent of the people who bought Blurred Lines in Australia have bought Paula. PAT HEALY/METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's perilous path toward a more pleasing public persona

NED EHRBAR
Metro World News in Hollywood

While presenting her new series, State of Affairs, to TV critics this week in Los Angeles, Katherine Heigl was asked point-blank about those pesky reports that she's "difficult to work with." Katie, don't do it! It's a trap! There is no good way to answer this! Oh drat, here we go: "I can only say that I don't see myself as being difficult and I don't intend to be difficult," she responded. "I think it's always important to everybody to conduct themselves professionally and respectfully and kindly. So if I have ever disappointed somebody, it was never intentional."

Here's the problem, Katie. All anyone takes away from that answer is, "I don't see myself as being difficult," which just makes you sound more difficult but also now a bit affronted. This kind of public image nightmare you've had going on for a while now is like quicksand. The more you struggle, the worse it gets. No matter what you say about your reputation for being difficult, it will only reinforce people's idea that you're difficult. I don't necessarily know what the answer is. Maybe you should be more of a klutz in public or get a new puppy or something. Or just, you know, stop talking.

Shia LaBeouf ALL PHOTOS GETTY IMAGES

I wish him Mel: Shia's got a friend in Gibson

Despite all his recent troubles, Shia LaBeouf has at least one supporter in his corner, though it may be a mixed blessing. "When I see someone like Shia LaBeouf with the bag on his head and stuff, my heart goes out to the poor guy," Mel Gibson tells Indiewire, referencing LaBeouf's "I'm not famous anymore" stunt from earlier this year. "I think he's suffering in some way, or why would he do that?" He's actually suffering in several ways, having been arrested in New York last month and reportedly seeking rehab treatment. "People are inclined to point the finger at him and say like, well he's this, that or the other," Gibson elaborates. "It's easy to judge. But I'm sure he's going through some kind of personal, very painful, cathartic thing that he has to exorcise and get out there. He'll probably play it out and come back, whatever it happens to be. He'll be all right. I actually like the kid. I think he's good."

Will a stage and a spotlight help us to take Lindsay seriously?

Lindsay Lohan just wants to be considered a serious actress, guys. Just after announcing her West End stage debut — in David Mamet's Speed the Plow — later this year, Lohan tells the BBC she wants to be taken more seriously. "People have certain perceptions of me. For a long time, people looked at me as kind of a celebrity, which is something I never wanted," she says, saying that she's turning to the London stage "so that people can focus on the fact that I'm in this industry because I'm an actress and an artist and not just someone you take photos of."

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LIFE 3

Caution: Dangerous curves ahead

Fitness. Two experts weigh in on obtaining the seemingly elusive hourglass figure

IZABELA SZYDLO
life@metronews.ca

If abs are made in the kitchen, curves are carved out in the gym's weight training section.

And despite misconceptions that women will end up looking like Arnold Schwarzenegger if they lift weights, it is physically impossible to do naturally. "It will never happen accidentally," says Lyzabeth Lopez, award-winning personal trainer, holistic nutritionist and owner of Toronto-based fitness facility Hourglass Workout, which helps women attain the hourglass silhouette. "You need to be supplementing properly and training hard to gain a body builder's physique."

Your approach to curves will, however, depend on whether you are slim and wish to gain curves or are curvy and wish to accentuate your curves.

Creating Curves

Lynn Calmeira is a certified personal trainer, TRX suspension training team coach and boot camp instructor in Ajax, Ont.

She says slim women wanting curves must be prepared to get off the treadmill. "You can do cardio like a hamster on a wheel but unless you lift, your body will never be shapely," she says.

Lyzabeth Lopez, personal trainer and owner of Hourglass Workout, performs a squat. WENDI SATIO

She recommends a 10-minute warm-up; weight lifting with an alternating focus on the upper or lower body for each session, and 20 minutes of high intensity interval training to finish. Add to that formula "periodization" and patience, and you will see results, she insists.

"Periodization means you take a month to go into a build phase," Calmeira explains, "during which you lift a little bit heavier and do fewer repetitions. After that month, you lower the weight and increase your reps to chisel that muscle you built. First you're building, then you're shaping."

Among her favourite curve-creating workouts, Calmeira includes power moves such as squats and dead lifts. "It is hard for women to gain curves, so when you decide to do it, it's just lift, eat clean, lift, eat clean," she sums up.

Accentuating Curves

If you have Kim Kardashian curves hiding under a layer of fat, there is no reason to build (or "bulk"). Instead, you want to take off fat while sculpting the muscle underneath.

Lopez, who also offers an online program called Train with Lyzabeth, explains, "You can't just say keep (the fat) here, go away there. Instead, you focus on isolated and compound movements, especially for your glutes. You go heavy enough and you do enough sets to make sure the muscles are growing. So, everywhere is getting slimmer but your bum is staying the same size, making it look bigger and giving you the hourglass silhouette."

Shape-shifting

"You can do cardio like a hamster on a wheel but unless you lift, your body will never be shapely."

Lynn Calmeira, certified personal trainer on the importance of lifting weights in order to gain a curvaceous figure

Developing your glutes may not mean doing heavy squats either. If you have thick thighs and want them to get thicker alongside your butt, heavy squats are for you. If, however, you want lean legs and a round bum, Lopez recommends a different approach. "We do Pilates in class, which gives a lean, long look to the leg. Then we do isolated glute movements and work the posterior chain."

Among effective exercises for curvy women, Lopez lists lunges (she rotates 20 types), plyometric movements (box jumps) and heavy moves (dead lifts, cable glute kickbacks).

Be wary, Lopez cautions, of reversing your progress during cardio. She says running without an incline on a treadmill will flatten you booty. Instead, she and Calmeira agree that the stair climber is a great form of cardio because, in addition to training your heart, it works the thighs and glutes.

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Lululemon has combined its YouTube exercise videos with Songza music playlists to create this handy yoga and cross training exercise app in preparation for Vancouver's half marathon this August.

What's hiding in sunscreen?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health, Canada's healthy lifestyle magazine for women, regularly looks at the science of personal care products and the safety of their ingredients. In the summer issue, on newsstands now, freelance writer Lesley Young explores concerns Canadians may have about sunscreen. Here is one:

"I read that nanominerals in sunscreen, namely zinc oxide and titanium dioxide, are dangerous."

Sunscreen formulators have long been using these two mineral-derived ingredients, which are considered "physical" sunscreens, to block both UVB and UVA rays. But many consumers don't like that they leave a white residue on the skin. So nano-sized (super-microscopic or "micronized") molecules were created. Sun protection products using this technology began appearing on the market in the early 1980s. Because of the newness of nanotechnology (in the scientific world, 30 years is new), there is not a lot of knowledge about what impact the products may have on our bodies. People assume they absorb more easily into the skin than would "regular-sized" molecules, and that seems only logical.

Experts say that the risk of serious skin damage and skin cancer from sun exposure likely far outweighs any risk posed by sunscreen ingredients. ISTOCK

But Health Canada and the European Commission's Scientific Committee on Consumer Safety have recently completed reviews of nano-scale zinc oxide and titanium dioxide, and have neither identified any risk, nor issued any warnings to consumers.

Additionally, the Therapeutic Goods Administration in Australia, a regulatory agency for medical drugs and devices, states that "the current weight of evidence suggests that titanium dioxide and zinc oxide nanoparticles ... do not reach viable skin cells. Rather, they remain on the surface of the skin and in the outer layer of the skin that is composed of non-viable cells."

The Canadian Dermatology Association has officially stated, "There is no evidence to suggest that the application of sunscreen products containing micronized zinc oxide and titanium dioxide will result in toxicity. If applied on healthy skin, there is no evidence that these products penetrate beyond the outer layers of the stratum corneum (top layer of skin)."

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A wish on the water.
Toronto entrepreneur revamps pool bar for city folk searching for a serene escape

TAKARA SMALL
Metro News in Toronto
@takarasmall

Cabana Pool Bar provides private cabanas and daybeds to 2500 of the city's sun worshippers. CONTRIBUTED

The weather this summer may be a little unpredictable, but there aren't any doubts hanging over entrepreneur Charles Khabouth's head.

The owner of the newly renovated Cabana Pool Bar, a 60,000-square-foot resort and day bar located near the city's waterfront, is confident that Torontonians will be swimming over this glamorous hideaway in the city.

Khabouth knows a thing or two about perseverance and overcoming obstacles, as the CEO of INK Entertainment — a company that since the 1980s has founded and overseen some of Toronto's restaurant and nightlife staples such as La Société and Uniun Nightclub.

The 51-year-old has made it his mission to seize great opportunities whenever he sees them and is happy to share his advice on how he managed to stay ahead of the curve.

"I work, because I love it. I work to make what I do the best it can be," he says while pointing to the Cabana Pool Bar's renovated 53,000 sq. ft. lakeside pool. "If you can make something better, why not?" he adds.

Battling a less than stellar summer has made Khabouth that much more committed to his passion project.

"Summers in Toronto are short. We essentially have 12 weeks of summer weather and that presents a major challenge," he says. "By way of opening, it was difficult to get (the project) completed in six weeks of planning and construction. Cabana was built from the ground up."

He notes that this type of endeavour also requires a dedicated team to pull it together

"A daily challenge that requires a large crew is maintaining Cabana's signature crisp white furniture, but the esthetic is worth it in the end," he says.

His advice for entrepreneurs is to do something unique.

"I decided to open Cabana because there is nothing like this anywhere in Canada. It has stunning views of the city and is uniquely situated on the water.

"What we offer is appealing to everyone, so Cabana's audience is a diverse crowd of regular patrons and new visitors every week. Cabana is for people looking for a place to feel comfortable, happy, and well taken care of."

Labour of love

"I work, because I love it. I work to make what I do the best it can be."
Charles Khabouth
Owner of Cabana Pool Bar

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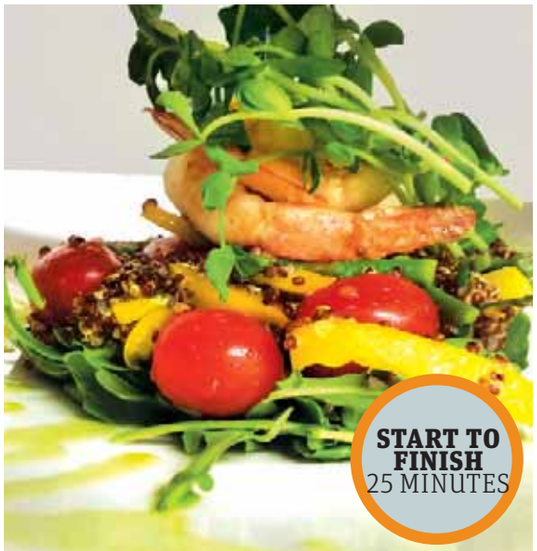
Shrimp make splash in salad



Pan-seared Shrimp, Quinoa, Baby Arugula Garden Asparagus Salad with Raspberry and Balsamic Compote serves four. THERESA ALBERT

Salad Spotlight. Metro's week of lightening your plate continues with seafood

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Arugula is one of the most versatile greens in the produce aisle.

It is frequently used in both hot and cold dishes at Ste. Anne's Spa in Grafton, Ont., where fresh and nourishing is a key priority.

Chef Christopher Mark says the secret to spa food is "to serve small portions of highly nourishing food with intense flavours throughout the day."

The idea being that high-nutrient, delicious food sustains and supports all that cleansing and resting we so desperately need.

Arugula is sometimes called rocket for its shape and zippy taste and there are loads of ways to work it in:

- Top a pizza just as it comes out of the oven
- Stir into any soup at the last minute
- Use alone or as a mix in salads
- Add to grain side dishes to stretch the carbs and add flavour
- Use as a fresh herb to top pasta dishes
- Add a handful to smoothies in place of spinach or kale

What all dark leafy greens have in common is fibre, vitamin K and A. But they also serve up more eye- protecting zeaxanthin and lutein than carrots.

Bugs Bunny would probably have looked funny carrying around a handful of arugula, though; best he stuck with carrots.

Shrimp is one of the quickest weeknight meals around, and the quinoa salad that goes with it here is perfectly complemented by sweet quinoa and peppery arugula.

1. Add balsamic vinegar to a small pot and begin to reduce over medium heat. After about 5 mins., the vinegar will take on a syrup consistency. When it does, add honey and raspberries. Mix and let simmer until raspberries have cooked and broken down for 5 minutes.

2. Bring 3 cups of water to a boil, drop asparagus pieces into pot to blanch for 2 minutes. Remove with a slotted spoon. Place quinoa into same pot and bring to a boil; reduce to a simmer for approximately 15 mins. Season with salt and pepper. Stir in raspberry compote and cooked asparagus.

3. Wash baby arugula and let air dry on top of a clean kitchen cloth or paper towel.

4. Preheat a pan over medium heat for approximately 1-2 minutes. Add a dollop of butter to the pan and place shrimp in. Lightly season with salt and pepper. Flip sides after 2 mins. and cook for another 2 mins.

5. Place 1 1/2 cup baby arugula on each plate followed by some quinoa mixture, bell peppers, tomatoes and shrimp.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

Raspberry and Balsamic Compote
- 1/2 cup balsamic vinegar
- 1 tbsp honey
- 1 pint fresh raspberries

Quinoa and Asparagus Salad
- 3 cups water
- Bunch (1/2 lb) garden asparagus, trimmed and cut into 2-inch pieces
- 1 cup red quinoa
- 6 cups arugula (1 1/2 per person)
- Dollop of butter
- 1 lb black tiger shrimp, peeled and deveined (thawed if frozen)
- Salt and pepper, to taste
- 2 yellow bell peppers, sliced
- 1 cup grape tomatoes

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Tom Renney

Hockey Canada rumoured to name new CEO

Tom Renney will be named Hockey Canada president and CEO, a source tells The Canadian Press.

Renney, who previously was an associate coach on Mike Babcock's staff with the Detroit Red Wings, will replace Bob Nicholson, who resigned earlier this year.

The announcement is expected to take place Tuesday afternoon in Calgary.

Renney is a well-respected hockey figure with 17 years of coaching experience in the NHL, WHL and internationally. He spent the past two seasons with the Red Wings.

THE CANADIAN PRESS

Tour de France

Nibali recovers yellow jersey

After just 10 stages, a second pre-race favourite has crashed out of the Tour de France. While two-time champion Alberto Contador fractured his shin, Italy's Vincenzo Nibali recovered the yellow jersey on Monday. THE ASSOCIATED PRESS

Italy's Vincenzo Nibali. GETTY IMAGES

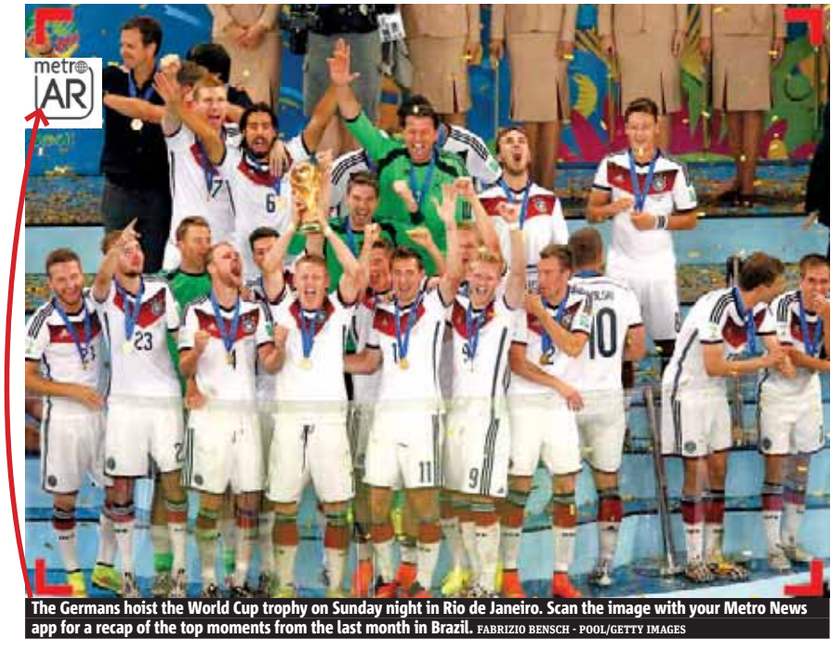
Manchester United

$1.4B

Manchester United secured a record-breaking $1.4-billion sponsorship deal with Adidas on Monday, signalling the club's enduring global appeal despite its worst Premier League campaign and strengthening its financial muscle for player transfers. The 10-year kit deal is worth at least 75 million pounds ($137 million) a year starting in July 2015.

Lame on the pitch, great off it

Brazil beats all odds. Shockingly humiliated at soccer, hosts pull off a surprisingly well-organized World Cup



The Germans hoist the World Cup trophy on Sunday night in Rio de Janeiro. Scan the image with your Metro News app for a recap of the top moments from the last month in Brazil. FABRIZIO BENSCH - POOL/GETTY IMAGES

For Brazil, it was the upside-down World Cup.

Brazilians lost at what they were certain they would win — soccer — and won where so many expected failure: Organization.

For years, the country's government has endured grueling criticism from FIFA over severely delayed stadiums. Leaders rode out a wave of protests last year over billions spent on the tournament despite poor public services. Foreign tabloids warned fans of man-eating snakes and violence, while domestic newspapers grilled officials over every imaginable aspect of cup preparations.

Serious doubts remain about corruption related to World Cup works, whether the country will see economic benefits from hosting the games and whether dozens of infrastructure projects promised as the biggest legacy of the event will ever be completed.

But there is no question that the world saw a smoothly run, exuberant sporting spectacle surpass all expectations.

"I think it's been awesome," said Scott Zapczysky, a 39-year-old jiu-jitsu instructor from Michigan, as he took in the final match at the Fan Fest on Copacabana beach Sunday night. "I thought it was going to be an enormous disaster, to be honest. But it looks good. I think people are really happy."

Brazilians would disagree with him on one point: They were crushed by their team's historic 7-1 loss in the semi-finals, followed by a 3-0 drubbing in the consolation game.

Still, President Dilma Rousseff took clear delight in the cup's success and in handing her critics a plate of humble pie. THE ASSOCIATED PRESS

Quoted

"I would have liked to bring you back the cup and to be able to enjoy it. We tried, we gave it our all but we couldn't achieve it."

Lionel Messi upon returning to Argentina on Monday

"Brazilian football has to evolve in general."

Brazilian right back Daniel Alves after Brazil's dismal end to its home World Cup

"I am not at all happy with the way we fought against racism."

FIFA president Sepp Blatter on how racism incidents were dealt with at World Cup

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MLB all-stars flex their muscles in home run derby

The National League's Todd Frazier, of the Cincinnati Reds, kicked off the home run derby — the annual prelude to the MLB All-Star Game — on Monday night in Minneapolis, Minn. Go to metronews.ca for the results. PAUL SANCYA/THE ASSOCIATED PRESS

Elite pitchers making pros look like joes

Bearing dangerous arms. Batting average at a 42-year low with Wainwright, Kershaw, Hernandez at forefront of dominant starters

Members of King's Court cheer on Mariners pitcher Felix Hernandez during a 3-2 win over the Athletics in Seattle on Friday. ED S. WARREN/THE ASSOCIATED PRESS

Mike Matheny had quite the choice for the National League's all-star game starter.

There was his own Adam Wainwright, the St. Louis Cardinals ace with a 12-4 record and a 1.83 ERA.

And there was the Los Angeles Dodgers' Clayton Kershaw, 11-2 with a 1.78 ERA and fresh off a 41-inning scoreless streak that ended last week.

He chose Wainwright, who will start Tuesday night at Target Field against the Seattle Mariners' Felix Hernandez.

"It's going to be great catching them," said Milwaukee's Jonathan Lucroy, the NL starter behind the plate. "A lot more fun than facing them."

When baseball's elite met at Citi Field last year, NL batters managed just three hits in a 3-0 loss. A year earlier in Kansas City, the AL had just six hits in an 8-0 defeat.

Never before had consecutive all-star games ended in shutouts.

"Guys are throwing harder. Guys have more pitches," said Philadelphia second baseman Chase Utley, making his sixth all-star appearance and first since 2010.

The big-league batting average is at a 42-year low. Strikeouts are at an all-time high.

Wainwright and Kershaw are on track to become the first pair of qualifying pitchers in one league with a sub-2.00 ERA since the Mets' Dwight Gooden and the Cardinals' John Tudor in 1985 — the last time Minnesota hosted the all-stars.

"Aside from having the ability to win two World Series with the St. Louis Cardinals, I think this has to be one of the highlights of my baseball career to this point," Wainwright said. "One of the coolest things I can say I did is to start a big league all-star game."

Hernandez also has sterling credentials: an 11-2 record with a 2.12 ERA. He described his task pretty simply:

"Just throw zeros out there and get my team to win. That's all I got to do," he said.

THE ASSOCIATED PRESS

Next stop, Memphis

Carter: Grizzlies not too old for championship run

Vince Carter, heading into his 17th NBA season, doesn't consider age a big issue anymore. The 37-year-old veteran sees a lot of older teams around the league and notes a "very old team" has just won the championship in San Antonio.

So the opportunity to compete for a title drew the eight-time all-star to Memphis, even though the Grizzlies have a bunch of 30-somethings in Zach Randolph, Tony Allen and Tayshaun Prince.

"I just see they're playoff-ready and just see what I bring to the table," Carter said Monday. "I'm able to come in and hopefully get us over the hump. That's the goal. Go as far as possible and hopefully hold up that O'Brien trophy here in Memphis."

The Grizzlies introduced Carter on Monday after signing him to a reported three-year, $12-million contract. The Grizzlies have reached the playoffs the past four seasons, losing in the West final in 2013.

THE ASSOCIATED PRESS

NBA. Patterson 'thrilled' the Raptors are keeping winning core intact

Patrick Patterson saw the Raptors bring back guards Kyle Lowry and Greivis Vasquez and coach Dwane Casey, and he wanted to stay along for the ride.

So the six-foot-nine forward re-signed with the Raptors for a reported $18 million US over three years in the hopes that this past season's playoff run was just the start of something good in Toronto.

"I was happy at the end of the day we were able to come to great terms — more thrilled that everyone's coming back from last year, pretty much," Patterson said Monday. "(We) still have that core group of guys that we can build on and have another successful year."

Patrick Patterson was an integral part of the Raptors' turnaround in the 2013-14 season. GETTY IMAGES FILE

The Raptors' turnaround began in December when they acquired Patterson, Vasquez, John Salmons and Chuck Hayes from the Sacramento Kings for Rudy Gay, Aaron Gray and Quincy Acy. They went 41-22 the rest of the season, winning the Atlantic Division before losing in seven games to the Brooklyn Nets in the first round of the playoffs.

Along the way, Patterson averaged 9.1 points and 5.1 rebounds a game as an integral part of Toronto's bench. In a statement announcing the deal over the weekend, general manager Masai Ujiri said the Raptors were "very pleased with what Patrick brought to us both on the court and in the locker-room last season." THE CANADIAN PRESS

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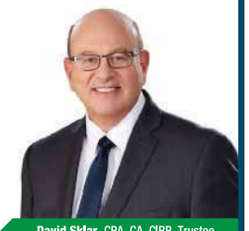

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Certain people have been difficult to deal with of late and the situation is unlikely to improve until the end of the week. Stay calm. Everything moves in cycles.

♉ Taurus
April 21 - May 21
The more others try to persuade you there is nothing to worry about the more you wonder what they are trying to hide. The planets suggest you need to be careful.

♊ Gemini
May 22 - June 21
Even if your current situation is not as good as you would like it to be it won't be long before it improves, so don't be so pessimistic.

♋ Cancer
June 22 - July 23
You know what needs to be done – now all you have to do is do it. If you don't act now a golden opportunity will pass you by.

♌ Leo
July 24 - Aug. 23
Stop worrying about all the things that could go wrong in your life and start looking forward to all the things that will surely go right.

♍ Virgo
Aug. 24 - Sept. 23
Take care when dealing with money matters and business issues. Whatever else you do or don't do today don't let anyone make important financial decisions for you.

♎ Libra
Sept. 24 - Oct. 23
Your situation is not as bad as you think and what happens over the next week will prove it. Make a conscious effort to look on the bright side.

♏ Scorpio
Oct. 24 - Nov. 22
It might be wise to keep some of your more outrageous opinions to yourself over the next 24 hours. Not everyone shares your ability to see what is really going on in the world.

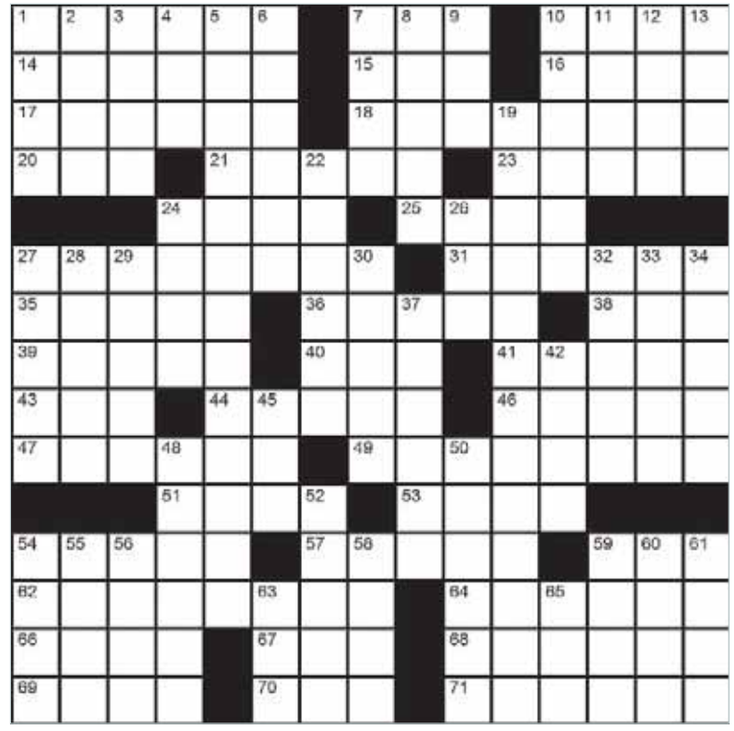
♐ Sagittarius
Nov. 23 - Dec. 21
Someone seems to believe that you are an easy touch. Are they in for a shock! It's time to be a bit more miserly, both with your affections and your money.

♑ Capricorn
Dec. 22 - Jan. 20
Don't feel bad if life seems to be rather low key just now. Things are sure to pick up as the week progresses Be patient and wait for your chance to shine.

♒ Aquarius
Jan. 21 - Feb. 19
What you say and do over the next 24 hours will remind certain individuals you are not eager to conform. They won't take you for granted again!

♓ Pisces
Feb. 20 - March 20
All things are possible if you believe in yourself. Keep that thought in mind today and you might just accomplish something out of the ordinary.

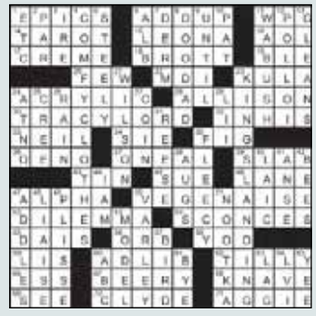
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Nickname of Ryan Reynolds' first actress wife
7. Kilos opposites
10. Invitee's official 'yes'
14. Particular planet
15. Battery size
16. Vitality [abbr.]
17. Quagmire
18. The __ __ (1945 novel by Gabrielle Roy)
20. Crime-fighting force in Ontario
21. Microwave device
23. Scheming Shakespeare roles
24. Questionable
25. Adroit
27. Cathedral's frightful spout
31. Prefix to 'scope' (Doctor's instrument)
35. "I'll have _ __." (Bar order)
36. Love Story author Mr. Segal
38. Conger __
39. Oyster jewel
40. Human with a habit?
41. Sticks
43. "Lucky Man" gr.
44. Skillful
46. Purpose
47. Fireman's forte
49. "Surfin' Bird" by The __
51. Prefix to 'culture'
53. Jim Davis dog
54. "SCTV" character Ms. Prickley
57. "Suddenly __"
59. Graduate's degree, e.g.
62. Saskatchewan village, seemingly a gardener's delight
64. Frozen sweet treat
66. "..._ __ take arms against a sea of troubles..." - Hamlet
67. Comedian Mr. Sparks
68. "The Jeffersons" star Ms. Sanford
69. Tailoring line
70. "__ La La" by Manfred Mann
71. Lake Ontario city

Down
1. __ wrestler
2. Farmer's yield
3. U.S. 50+ org.
4. Cellular stuff
5. Montreal comedy festival: 3 wds.
6. Harden into bone
7. Behind
8. John __, Canada's Foreign Affairs Minister
9. __ Antonio, Texas
10. Empathize
11. Close-fitting
12. Nix
13. Top exec.
19. 1970 novel by Robertson Davies: 2 wds.
22. Montreal-born actress, __ Dinh-Robic
24. Bob __, Disney CEO
26. Techie bailout key
27. Visibly starstruck person
28. White poplar tree
29. Harvests
30. Combust
32. ___ _ (Coffee break time)
33. Foliaged fence
34. Actress Elizabeth
37. Puny prefaces
42. "This __ __..." (Man's phone reply)
45. __ Spiegel (German news magazine)
48. Feline's world, say
50. Leisurely music tempo
52. Basketball great Mr. Thomas
54. Some are inflated
55. __, __, mi, fa...
56. Speck
58. "The Producers" (2005) role
59. The Who's "__ O'Riley"
60. Goulash
61. Pop
63. Canadian actress Sandra, and surnamesakes
65. __-di-dah

Yesterday's Crossword



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Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	1		4				2	9
7	2		8		1	3		
		3			6			8
1						8	5	
5			7		2			3
	7	4						6
2			1			9		
		5	9		4		7	1
9	6				7		8	2

Yesterday's Sudoku

8	5	7	9	3	2	1	6	4
9	2	4	6	8	1	3	7	5
1	6	3	4	5	7	2	8	9
6	4	1	2	9	8	5	3	7
5	8	2	7	6	3	9	4	1
3	7	9	5	1	4	6	2	8
2	1	8	3	7	5	4	9	6
7	3	6	1	4	9	8	5	2
4	9	5	8	2	6	7	1	3

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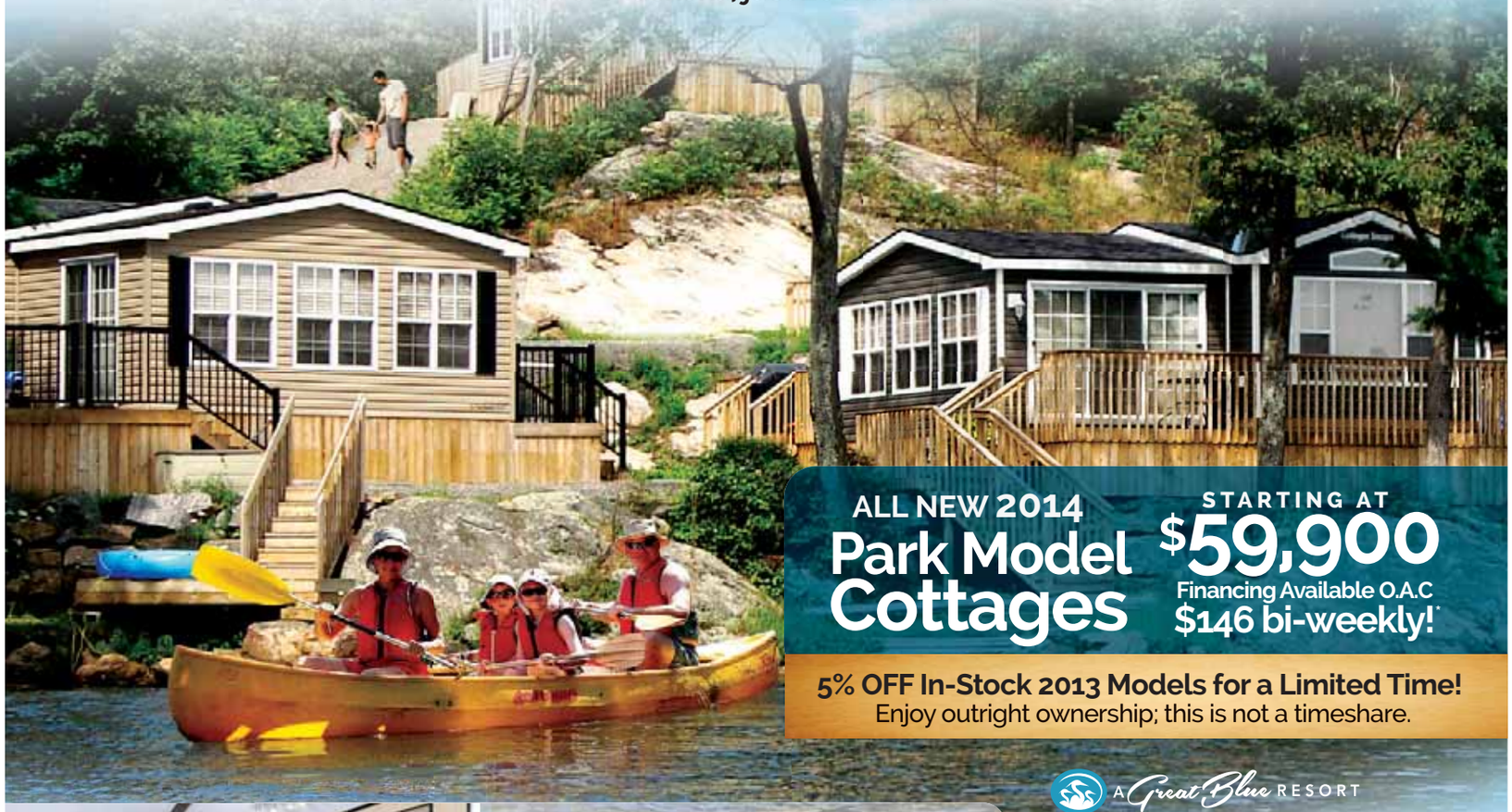

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